

Name \_\_\_\_\_

Date \_\_\_\_\_

# How Much Do I Need?

## BOY



Find the chart that shows how much power play you usually get every day. Then look at the row with your age. It will tell you how many cups of fruits and vegetables you should eat every day.

**I usually get less than 30 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1	1½	2½
6	1½	1½	3
7	1½	1½	3
8	1½	1½	3
9	1½	2	3½
10	1½	2	3½
11	1½	2½	4
12	1½	2½	4

**I usually get 30 to 60 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1½	1½	3
6	1½	2	3½
7	1½	2	3½
8	1½	2	3½
9	1½	2½	4
10	1½	2½	4
11	2	2½	4½
12	2	3	5

**I usually get more than 60 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1½	2	3½
6	1½	2½	4
7	1½	2½	4
8	2	2½	4½
9	2	2½	4½
10	2	3	5
11	2	3	5
12	2	3	5

Name \_\_\_\_\_

Date \_\_\_\_\_

# How Much Do I Need? GIRL



Find the chart that shows how much power play you usually get every day. Then look at the row with your age. It will tell you how many cups of fruits and vegetables you should eat every day.

**I usually get less than 30 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1	1½	2½
6	1	1½	2½
7	1	1½	2½
8	1½	1½	3
9	1½	1½	3
10	1½	1½	3
11	1½	2	3½
12	1½	2	3½

**I usually get 30 to 60 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1½	1½	3
6	1½	1½	3
7	1½	2	3½
8	1½	2	3½
9	1½	2	3½
10	1½	2½	4
11	1½	2½	4
12	2	2½	4½

**I usually get more than 60 minutes of power play every day.**

Your age	Cups of Fruits You Need Each Day	Cups of Vegetables You Need Each Day	Total Cups of Fruits and Vegetables You Need Each Day
5	1½	2	3½
6	1½	2	3½
7	1½	2½	4
8	1½	2½	4
9	1½	2½	4
10	2	2½	4½
11	2	2½	4½
12	2	3	5